

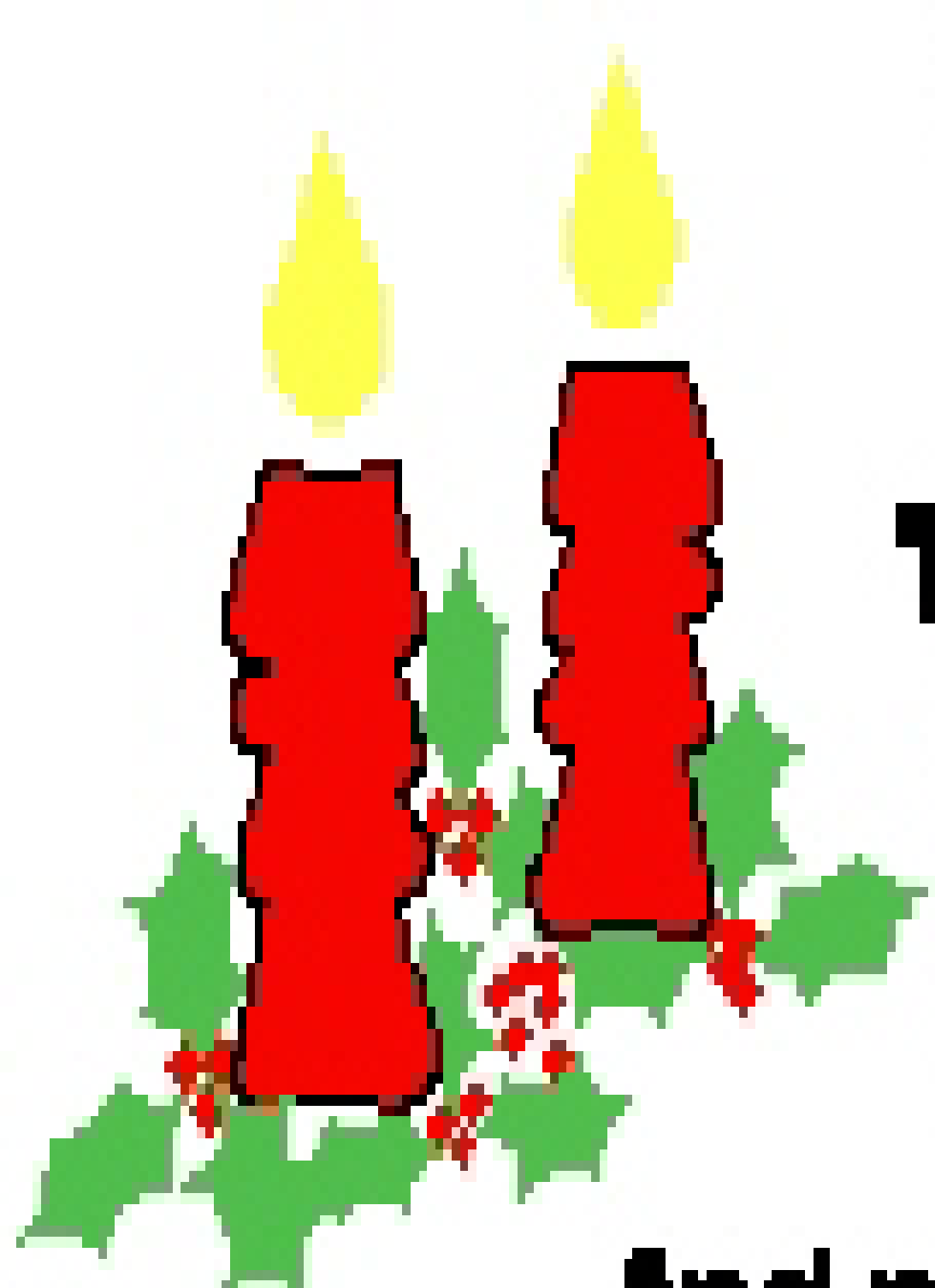


Northeast ActivAge Senior Center

COMPASS POINT

6310 Platte Avenue~Lincoln, Nebraska~ 441-7151

A CHRISTMAS CANDLE.....



The roads that led to Christmas
In half forgotten days
Are deep in stone and mortar;

And new and straightened ways
Wind over hill and meadow,
Levelling wall and tree,
And leaving little for the one
Returning there to see.

The roads that led to Christmas

Long, long ago were white
With fresh deep snow that glittered
In the frosty quiet night.
They led to houses splendid
With spice and warmth and cheer,
With carols on the peaceful air
Shared and sweet and clear

So light a Christmas candle
For candles lit no more,
And hang a wreath for memory
Joy on a welcoming door.



STAFF.....

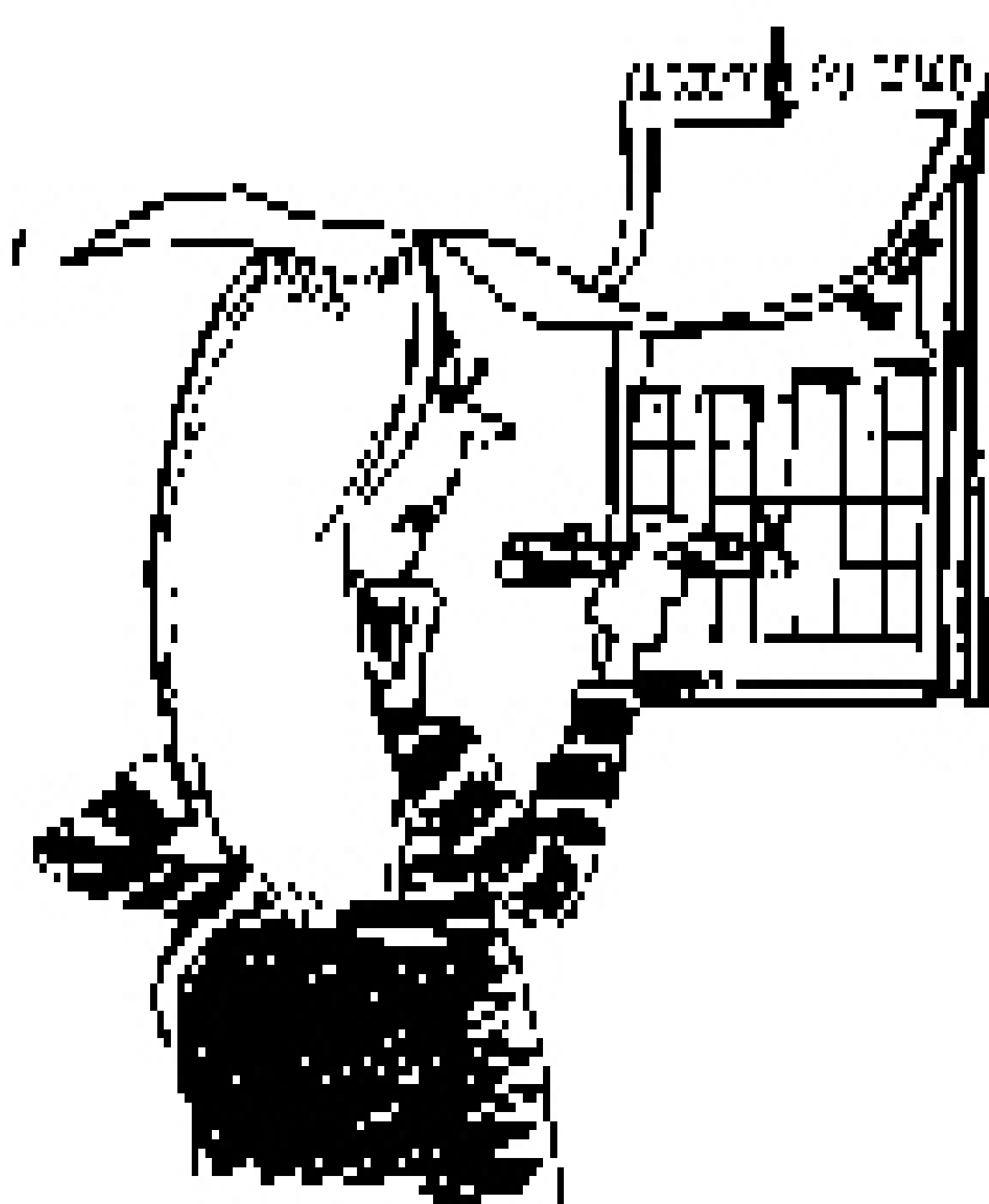
Bill Booe, Center Manager
Rose Patras, Program Ass't
Lucy Atkin, Kitchen Manager
Roger Robertson, Van Driver
Dale Hoyt, Van Driver



"OUR TEAM"

~~~~~

BEGINNING DECEMBER 1ST  
NORTHEAST CENTER WILL BE  
OPEN AT 8AM AND WILL CLOSE  
AT 3 PM, MONDAY - FRIDAY.  
AND SATURDAY 10AM--2PM



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Weather Closing Information.....KFOR 1240AM,
has been designated as the official weather station
for information on closing or cancellations involving
OUR Center.

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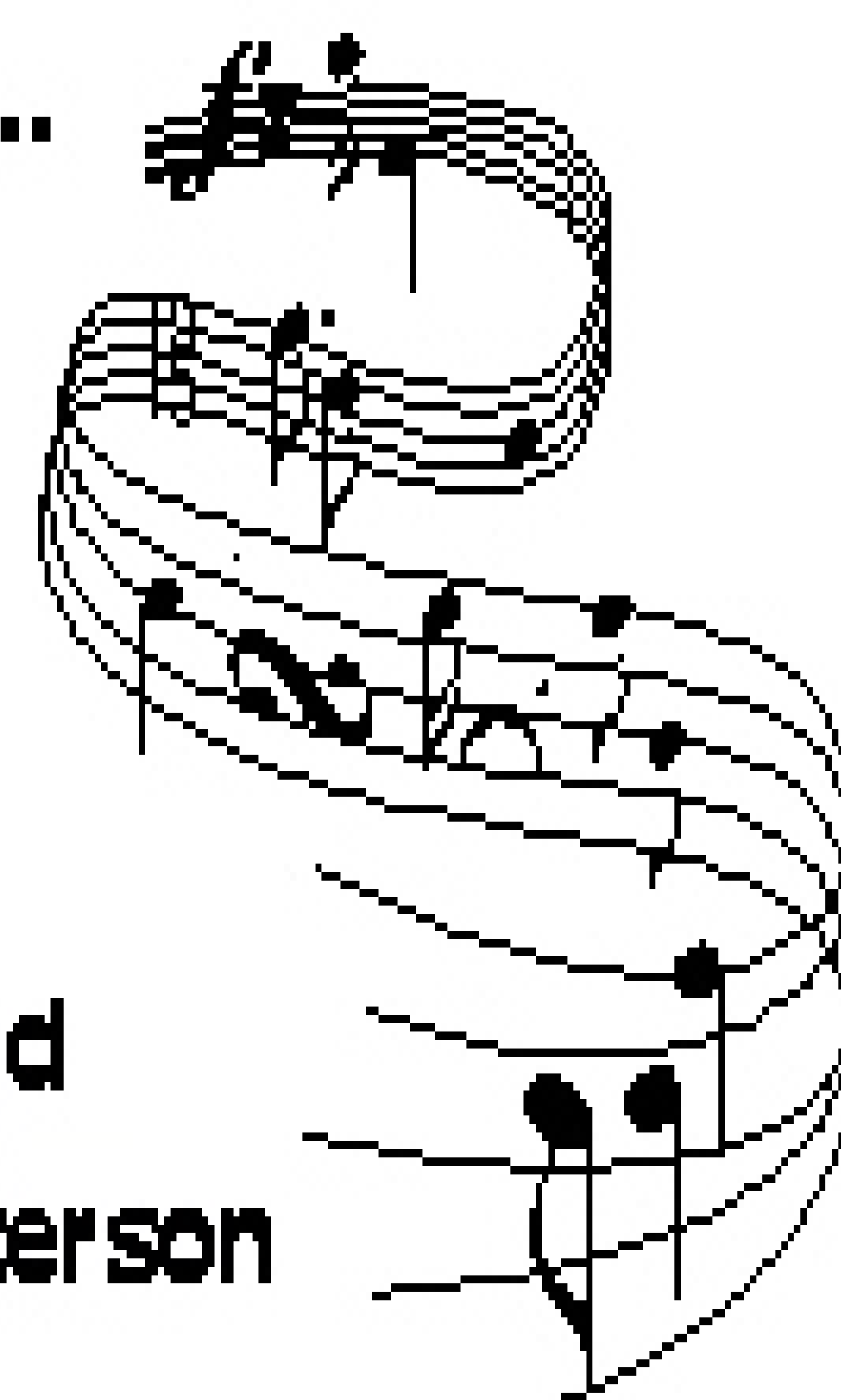
FREE BINGO AND LUNCH--Sponsored by Bickford  
Cottage Assisted Living, Thursday December 16th.  
Sign up by Monday December 13th if you would like  
to participate. Limited to the first 50 people to sign  
up.

~~~~~

MUSIC, MUSIC, MUSIC.....
DECEMBER 8TH.....

Norwood Park Elementary School

Roadrunner Chorus
Classified !! Ladies Barbershop
DECEMBER 30TH..PIZZA PARTY and
a special program by Mr. Dick Patterson



~~~~~

BIJOU DINNER THEATRE WINTER SCHEDULE....see  
page 6 for details.....

~~~~~

AM STRETCH--Mind as well as body
stimulation--Tuesdays & Fridays
PLUS.....Lots of stories, fun and
surprises. Bring a friend and enjoy a part
of your day with us.



~ PAGE TWO ~

FOR YOUR INFORMATION.....

WEATHER CLOSING....

The general rule regarding Center closings due to severe weather is: If the Lincoln Public Schools are closed-the Center is closed. Participants are encouraged to use their judgement regarding hazardous road conditions. In times of severe weather, listen to KFOR 1240 AM for information on Center closings.

ActivAge SERVICES MISSION STATEMENT

To provide a variety of needed services and activities which enhance the dignity of older adults, support their independence and encourage their involvement in their neighborhood and community.

BINGO...

Bingo is played every Thursday at 10:30 am. There is no charge, but a donation of a prize is encouraged.

RENTAL INFORMATION....

If you are looking for a place to hold a birthday party, anniversary celebration or organization meeting, call the Center at 441-7151.

HEALTH PROMOTION CENTER/STATION

ActivAge Lifetime Health and University Medical Center offer a clinic at the Downtown Center. Northeast Center provides free transportation on the 3rd Thursday of the month. Public Health Nurses also have a clinic on the 3rd Thursday from 9am-11am.

NOTARY SERVICE....

Monday through Friday--8am to 2pm. This is a free service.

TRANSPORTATION....

Areas bounded by 33rd to the west, and Leighton to the south. A donation of \$.50 per one way ride is requested. \$10 travel tickets are also available. Call 441-7151 to make a reservation.

MEAL SERVICE...

Meals are served daily at 11:30 am. A monthly menu is located at the Center as well as with your newsletter. Reservations and cancellations should be made by 12 noon at least 2 days in advance by calling 441-7151. The suggested price is \$2.00(60 or over) or \$4.00(under 60).

SENIOR CARDS.....

Pitch & Bridge are played every Wednesday from 1-3pm. Beginners to experts are welcome. No reservations are required. Pitch & Pinochle are played every Friday from 1-3pm. Everyone is welcome.

COMMODITIES.....Monthly commodities are delivered on the 3rd Monday of every month at 9am unless otherwise stated. YOU must be here to pick them up or arrange for someone to pick them up for you. If you need further information call Bruce at 438-5231

ActivAge GOAL COMPUTER CENTER...

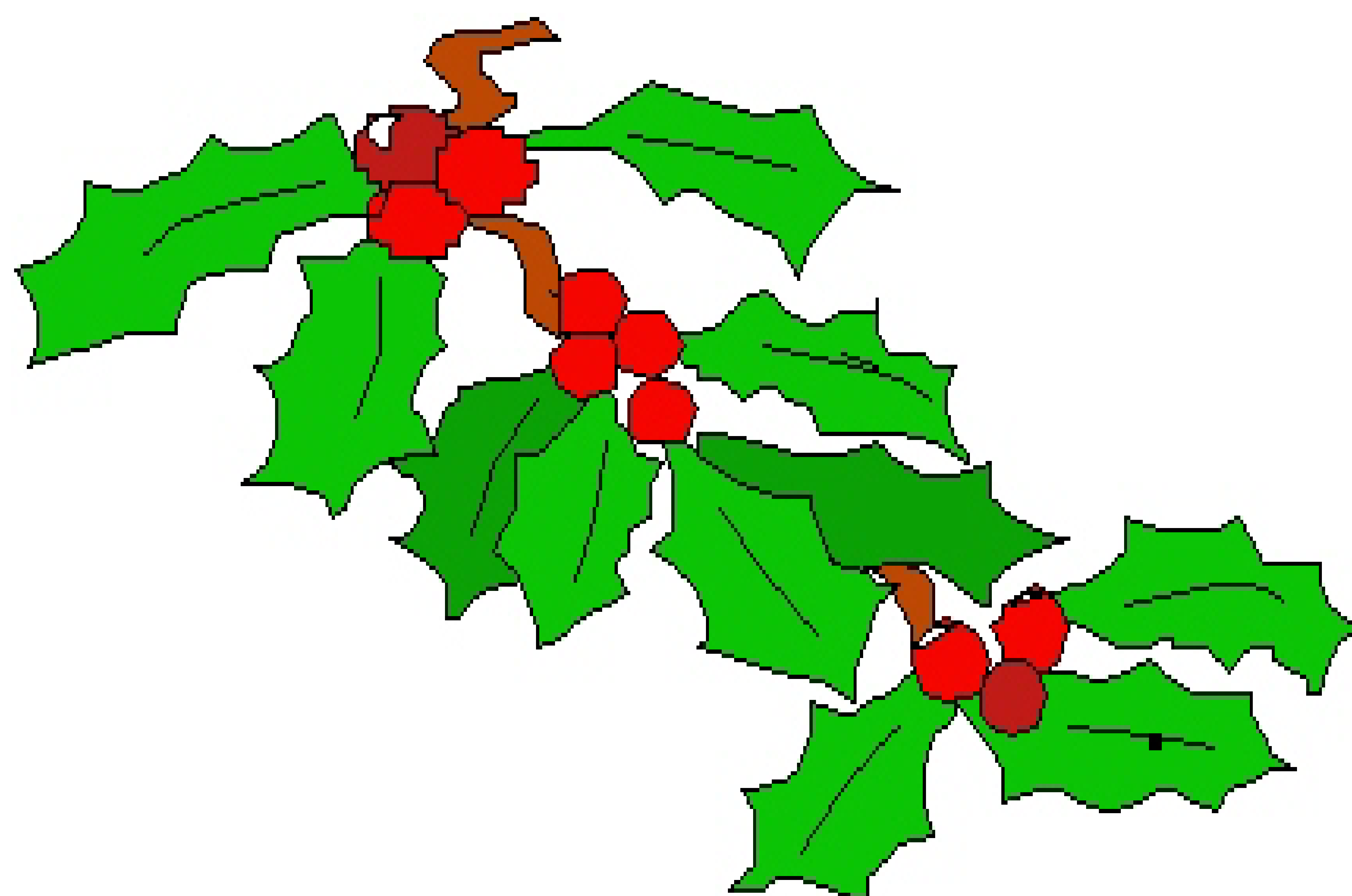
Computer classes geared for older adults are offered at Northeast Center. Call 441-7506 for information & schedule.

If you would like to receive this newsletter every month, please fill out coupon and enclose \$6.00. Make checks to ActivAge Northeast Center

Name _____

Address _____

City/State/ZipCode _____



WINTER HOLIDAY DINNER

featuring SWISS CHICKEN BREAST with STUFFING

GREEN BEANS with ALMONDS

SCALLOPED POTATOES

CRANBERRY SAUCE

PEACH PIE

DINNER ROLL & BUTTER

COFFEE TEA MILK

WEDNESDAY, DECEMBER 8TH, 2004

DOORS OPEN AT 10AM

**MUSICAL ENTERTAINMENT PROVIDED BY
THE NORWOOD PARK "ROADRUNNER" CHORUS**

&

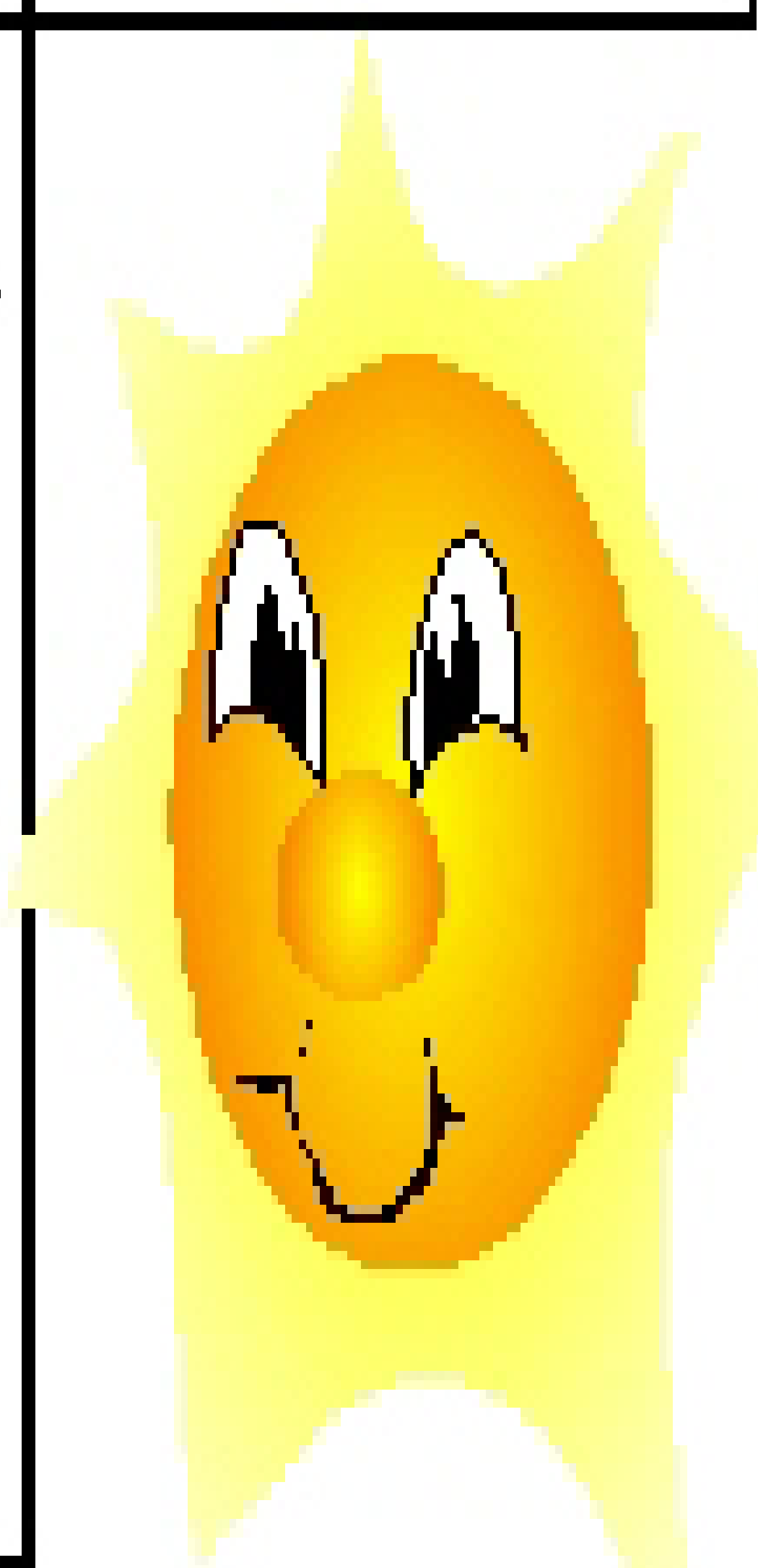
CLASSIFIED!!, Ladies Barbershop quartet

Suggested Contribution \$ 4.00 over 60, otherwise \$6.00

**Reservations are limited to the first 100 people who call, so sign up
today by calling 441-7151**

NORTHEAST ActivAge Senior CENTER Program Guide

December 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NORTHEAST ActivAge Senior CENTER Sunshine Grille			Sloppy Joe 1 Napoli Veg. Blend Orange Juice WW Bun Caramel Apple Cake	### Chicken 2 Cordon Bleu Parsly Potatoes Pineapple Slaw WW Dinner Roll Vanilla/Choc. Pudding	### Meatball Stew3 Cottage Cheese Sliced Peaches Crackers Biscuit Brownie	No Meal 4
CENTER 5 CLOSED	BBQ Chicken6 Gourmet Pot Green Bean Salad Potato Bread Mandarin Oranges	Turkey 7 Tetrazinni Lima Beans Beans Rye Bread Vanilla Ice Cream	Cube Steak 8 MushroomGravy Mash Potatoes Crinkle Carrots Blueberry Muffin Tropical Fruit	PorkTndrloin 9 Cauliflower w/ Cheese Sauce Raspberry Fruit Fluff Salad WW.Bun Snicker Cookie	Lemon 10 Pepper Chicken Au Gratin Pot. Pea/Pickle/ Cheese/Salad Apple Crisp	No Meal 11
CENTER 12 CLOSED	Baked Fish13 Tartar Sauce Jello Salad WW Bread Banana Pudding	Beef Gravy14 Mash Potatoes Spinach Corn Muffin Apricots	#### Lasagna 15 Toss Salad Apple Juice Italian Bread Oatmeal Raisin Cookie	Salisbury Stk16 Veg. Gravy Chuckwagon Corn Rice Salad Vienna Bread Rasp.Sherbet	Hamburger 17 Calif. Vegetable Cheese Soup Dice Pears WW Bun Pistachio Pudding	No Meal 18
CENTER 19 CLOSED	Pork Roast20 w/Gravy Mash Potatoes Cinnamon Rosy Applesauce Cherry/Pineapple	Chicken Breast21 w/Tomato Basil over Rice Carrot Salad WW Bread Pineapple	Beef Sausage22 Gravy / Biscuit Asparagus Pear/Cheese Cookies & Cream Dessert	#### Turkey Ham23 Parmesan Pot. Sunshine Jello Raisin Bread Macadamia Delite Cookie	CENTER 24 CLOSED	No Meal 25
CENTER 26 CLOSED	Oven Fried27 Chicken Macaroni Salad V-8 Juice Sourdough Mixed Fruit	Swiss Steak28 Broccoli/Corn Casserole Veg.Jello Salad Potato Bread Vanilla Pudding	#### Ham Loaf29 Scallop Potatoes Mix Vegetables WW Bread Diced Apples/ Cinnamon	Chili 30 Carrot Coins Mand.Oranges Cornbread Strawberry Ice Cream	CENTER 31 CLOSED	

BIJOU DINNER THEATRE



Presents



COMING ATTRACTIONS

JANUARY 13TH--"BABY NEEDS SHOES"

FEBRUARY 10TH--NATE KELLISON & ' NO BETTER CAUSE

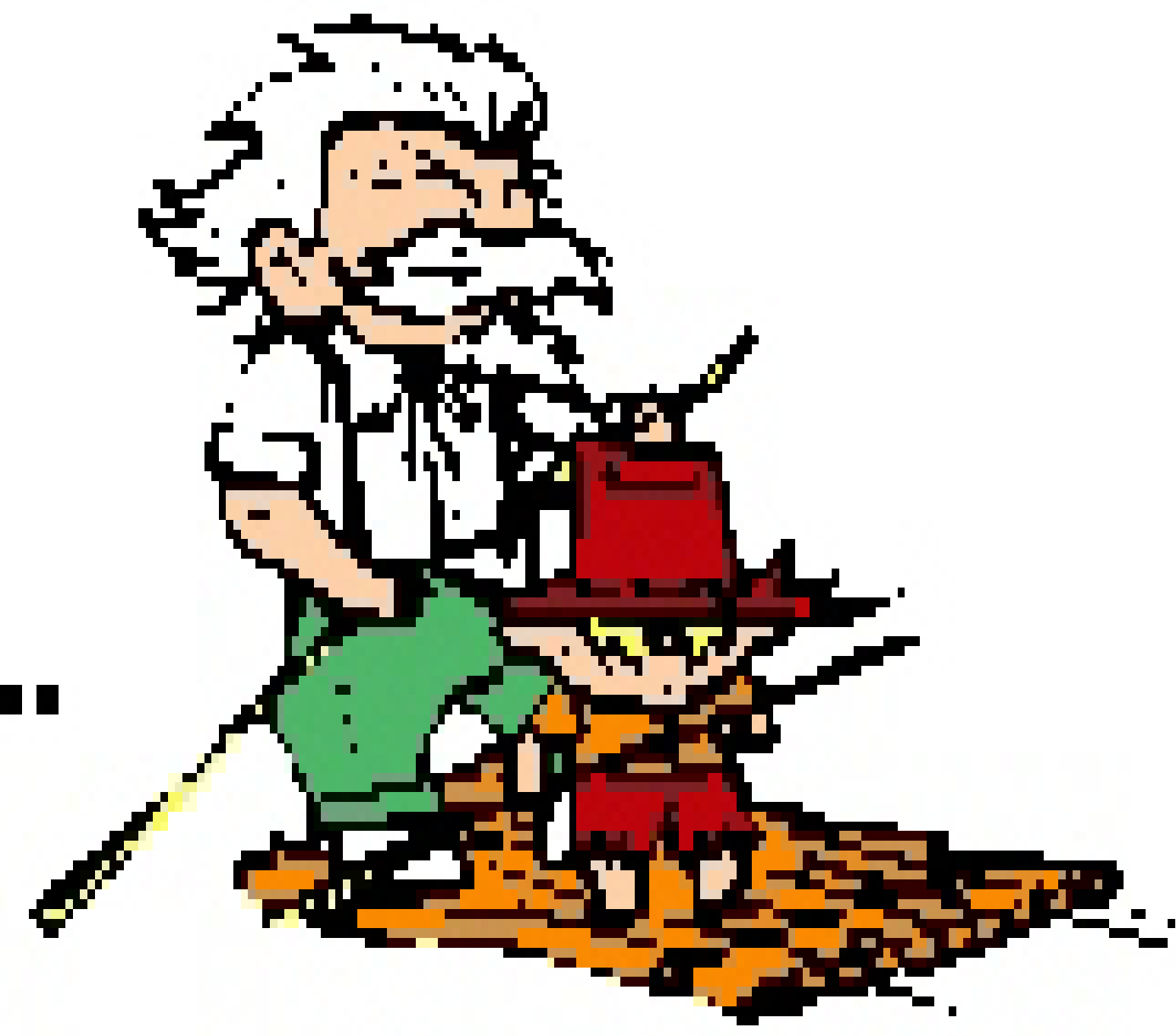
MARCH 11TH(FRIDAY)---BROADWAY BILL

APRIL 14TH--BARB MAGER & HER MAGIC KEYBOARD

**QUALITY SHOWS + EXCELLENT FOOD =
A GREAT TIME !!!**

**Check us out this winter. Call 441-7151 for
information and reservations. These will fill up
fast, so do it today. Dinner at 6pm Show at 6:30
Cost: \$5 over 60, \$6 under 60--\$1 transportation.**

PONDERABLES.....



...Humor prevents a hardening of the attitudes.

...I refuse to have a battle of wits with an unarmed person.

...My mind not only wanders, sometimes it leaves completely.

...What light? I'm still looking for the tunnel!!

..By the time a man finds greener pastures, he's too old to climb the fence.

...Discretion is putting two and two together and keeping your mouth shut.

...Some people grow up and spread cheer..others just grow up and spread

...There's nothing wrong in having nothing to say...as long as you don't say it out loud.

...Many teachers are concerned about the Seven Dwarfs syndrome in their students.... one out of seven is Dopey.

...No man can know his true character until he has run out of gas on the highway, bought something on installments and raised a teenager.

...A friend will strengthen you with his prayers, bless you with his love, and encourage you with his hope. Have a wonderful holiday season, friends!!!-----Bill

BIRTHDAYS & ANNIVERSARIES

12/5.....Ray Girmus

Roger Robertson

12/7.....Leland Tompsett

12/12...Roy Fern

12/14...Genny Jensen

12/16...Jack Lear

12/19...Caryl Wimmer

Olle Ahlquist

12/22...Wally Pierson

12/27...Eleanor Larue

12/28...Colyne Seelhoff

12/30...Lila Bickford

12/31....Louise Nielsen

Naomi Rosenberry

Rose Patras



HAPPY ANNIVERSARY.....Happy

12/25...Jerry & Colleen Shafer



Anniversary

WUZZLES

1..or or or or or
or or or or or

2.. LANNNGUAGE

3..ment ment

4.. IME

5..re re

6.. BAND
SHIP

re re



7..think think speaking

8..AMOMENT

ANSWERS:1.TENORS 2.FOREIGN LANGUAGE 3.APARTMENTS 4..THE END OF TIME 5.REPAIRS

6..ABANDONSHIP 7..THINK TWICE BEFORE SPEAKING 8..A TOUCHING MOMENT

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Independence & Fulfillment
in your later years.



For information on how you can
help call Richard Blair, 441-6179

Havelock
Business Assoc.
Meets At The
Aging Services
Northeast Center

Join us
Tuesday, December 7th
8:00 A.M.

When You
Need
A Hand.

(Or Even Two Hands.)



• 63rd & Havelock •



Looking for...

- ♦ information on Aging Services?
- ♦ latest new in Medicare?
- ♦ helpful consumer tips?
- ♦ good health information?
- ♦ fun activities to attend?
- ♦ contests to enter?
- ♦ what's going on at Centers?
- ♦ reading fun stories/poems?
- ♦ programs to help keep you independent?

Call for a free copy of
Life Lines Magazine
...441-7022

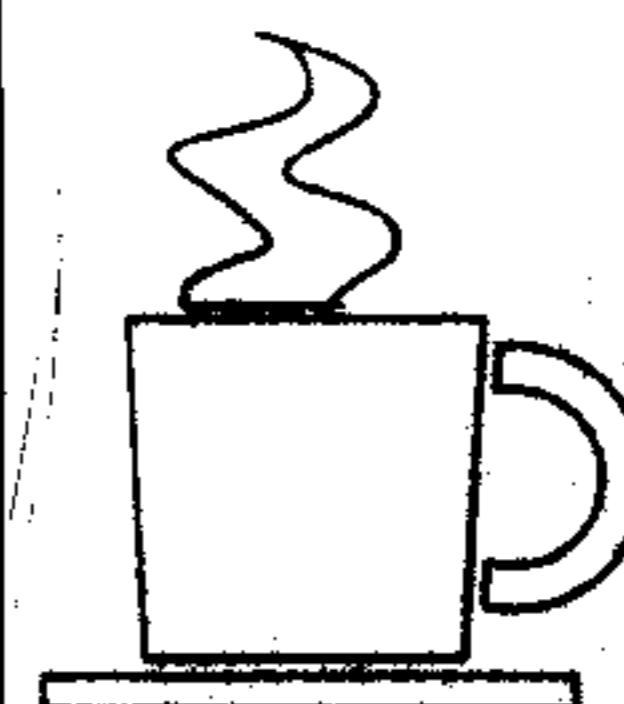
Mr. 'B' Bob Sikyta
785-3320 • 467-1111



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